

## Focus: Endurance Training

Monday

### Warm Up:

200 Swim Choice

200 Pull Bilateral breathe pattern

6 x 50 Drill R: 10"

Odd 50's: Backstroke "OK" entry

Even 50's: Free

"One Goggle In, One Goggle Out" (700)

### Main: Descending Interval Rest

4 x 200/150 Free descend 1- 4

#1 R:20", #2 R:15", #3 R:10"

1 x 100 EZ Recovery Pull or Non-Free Swim

4 x 150/100 Free descend 1- 4

#1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Recovery Pull or Non-Free Swim

4 x 100/50 Free descend 1- 4

#1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Kick Recovery (2100/1500)

1 x 200/100 Fast Free for Time (200/100)